

MANAGING CHAOS CREATING COHESION

**March 20 & 27, 2026 (11:00am-12:00pm)
VIRTUAL SESSION**

Managing Chaos, Creating Coherence is designed for leaders to enhance their personal ability to manage stress and anxiety, build emotional resilience, improve overall well-being, and communicate with ease and clarity.

The science of HeartMath will be shared laying the foundation for understanding for how these simple but powerful tools create shifts in nervous system activity, hormonal balance, and immune system health.

Included in these sessions is the Coherent Communication technique, designed to increase clear communication with others. Conversation about when to use this technique will be discussed (i.e. preparing for a performance review, preparing for meetings).

Leaders will also be invited to create ways to utilize techniques in their work setting.

Through lecture, small group sharing, large group conversation, and practice with the techniques, participants will learn how to access these benefits with regular practice.

In this two-day training webinar, you will learn:

1. Enhanced mental clarity and focus for decision making
2. Reduced feelings of overwhelm and anxiety
3. Improved ability to deal with change and uncertainty
4. Better problem-solving skills

Michele Mariscal, PhD, CPTD, has 30 years of experience in the health and wellness field. She is a speaker, coach, and author and helps organizations provide greater mental and emotional health through evidence-based programs. These include HeartMath and the Grief Recovery Method. In 2022 she was inducted into the Circle of Leadership for the National Wellness Institute. You can learn more about her and her work at <https://energym.org>.



For more information, please contact pgonzales@sia-jpa.org